

The Journey to Simpler Living

by Patricia Fripp, CSP, CPAE

The Journey to Simpler Living is a book I have enjoyed and recommend. Jeff Davidson is a popular author and has been very prolific. He is also a great speaker.

"We have entered an age where the number of items that compete for our time and attention speed toward us at a frightening pace," says author Jeff Davidson, whose latest book, his 56th, *Simpler Living: A Back to Basics Guide to Cleaning, Furnishing, Storing, Decluttering, Streamlining, Organizing, and More*, has just been published.

"Anyone who holds a position of responsibility in society today, maintaining a job, bringing up children, caring for the elderly, managing a household, feels the pinch. It seems as if all of society has sped-up, and there are surprisingly few comprehensive resources to turn to."

Against that backdrop, Davidson's new book *Simpler Living* is a beacon in a storm. Across 452 pages with more than 950 photos, Davidson takes readers on the journey from complexity back to simplicity, offering three global-type observational chapters, Davidson then spends the rest of the book, 21 chapters, on how an individual can achieve a greater sense of simplicity in every room in his room, while traveling, at leisure, at work, in maintaining nutrition, and in the overall quest for a balanced life.

Simpler Living represents the rarest of books published today, it is a comprehensive reference book and at the same time a beautifully bound coffee table gift book. The first time someone encounters it, invariably, there is oohing and aahing. Weighing nearly four pounds, the beautiful blue cover, fully illustrated, promises a wonderful experience within. And, the reader is not disappointed. Reviewers have universally proclaimed it to be a work of art. Page after page beckons the reader with lively writing and illustrative photos that support the text.

Davidson suggests not trying to read the book all the way through, as that task would be enormous for anyone. In fact, he doesn't necessarily even suggest reading a chapter all the way through, but rather, flipping through to those areas where the reader is facing complexity issues. For example, if it is difficult for you to use the space in your bathroom for all of the items that you need, *Simpler Living* has many, many suggestions. So, flip to that chapter, begin examining the tips, and put one or two of them immediately into action.

That way, you feel as if you have some control over that section of your house, and by and by, the habit will take hold. Likewise, there are chapters on the kitchen, the rec room, the den, the living room, the garage, and all other areas of a household. *Simpler Living* also offers tips on simplifying your nutrition, commuting and travel, leisure time activities, and much more.

The book apparently has a universal theme. Three publishers in China are now considering it for an English language version there, as 350 million Chinese speak fluent English. Prospects also look good in Thailand, Korea, and in this hemisphere, Brazil. If you're interested in ordering *Simpler Living*, it's available online through all of the major vendors, including Amazon, Barnes and Noble, and Powell's Books, as well as bookstores everywhere. By whatever means you order it, once you have it in your hands, you'll learn, as so many other readers have, that *Simpler Living* delivers on its promise.